

Welcome to
ALI 383: Session Four

What do you understand by the
word Ghaflah - Heedlessness?

وَجَاءَتْ كُلُّ نَفْسٍ مَعَهَا سَائِقٌ وَشَهِيدٌ
لَقَدْ كُنْتَ فِي غَفْلَةٍ مِّنْ هَذَا فَكَشَفْنَا عَنْكَ غِطَاءَكَ
فَبَصَرُكَ الْيَوْمَ حَدِيدٌ

And every soul shall come, with it
a driver and a witness. Certainly
you were heedless of it, but now
We have removed from you your
veil, so your sight today is sharp.

Sura Qaf, 50:21-22

اِقْتَرَبَ لِلنَّاسِ حِسَابُهُمْ وَهُمْ فِي غَفْلَةٍ مُّعْرِضُونَ
مَا يَأْتِيهِمْ مِنْ ذِكْرٍ مِنْ رَبِّهِمْ مُحَدَّثٍ إِلَّا اسْتَمَعُوهُ وَهُمْ يَلْعَبُونَ
لَاهِيَةً قُلُوبِهِمْ

Their reckoning has drawn near to mankind, yet they heed not and turn away

There comes not to them a new reminder from their Lord but they hear it while they sport; Their hearts trifling

Sura Anbiya, 21:1-3

Qualities of the Muttaqin

He passes the night in fear and rises in the morning in joy - fear lest night is passed in heedlessness and joy over the favour and mercy received by him

The coolness of his eye lies in what is to last for ever, while from the things that will not last he keeps aloof. He transfuses knowledge with forbearance, and speech with action

Even if he is found among those who are heedless he is counted among those who remember, but if he is among the rememberers he is not counted among the heedless

Nahjul Balagha, Khutba #193

Understanding Heedlessness

- 1) Forgetting Allah and His expectations from us
- 2) Ignoring the purpose of existence
- 3) Forgetting the eventual home of the human being
- 4) Not making use of the time given to us

Signs of Heedlessness

- ◆ Giving more importance to things that will not last and do not matter
- ◆ Wasting time and opportunity
- ◆ Taking God's rules lightly

Causes of Heedlessness

- ◆ Becoming immersed in the dunya for the sake of dunya
- ◆ Continuous disobedience of Allah
- ◆ Being oblivious of the signs of Allah
- ◆ Constant entertainment and vain pastimes

Cures of Heedlessness

- ◆ Dhikr of Allah
- ◆ Remembering Death
- ◆ Reciting the Quran
- ◆ Appreciating God's blessings
- ◆ Keeping good company
- ◆ Taking lessons from history
- ◆ Avoiding amusements and entertainment that preoccupy the mind